

ASCENT[®]

745

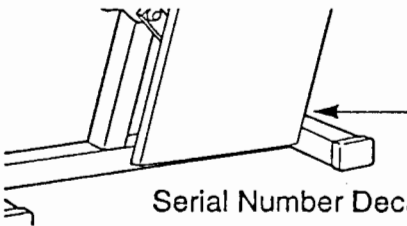
MAGNETIC DRIVE •
INDEPENDENT ACTION

PATENT PENDING

WESLO[®]

Model No. WL745030

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

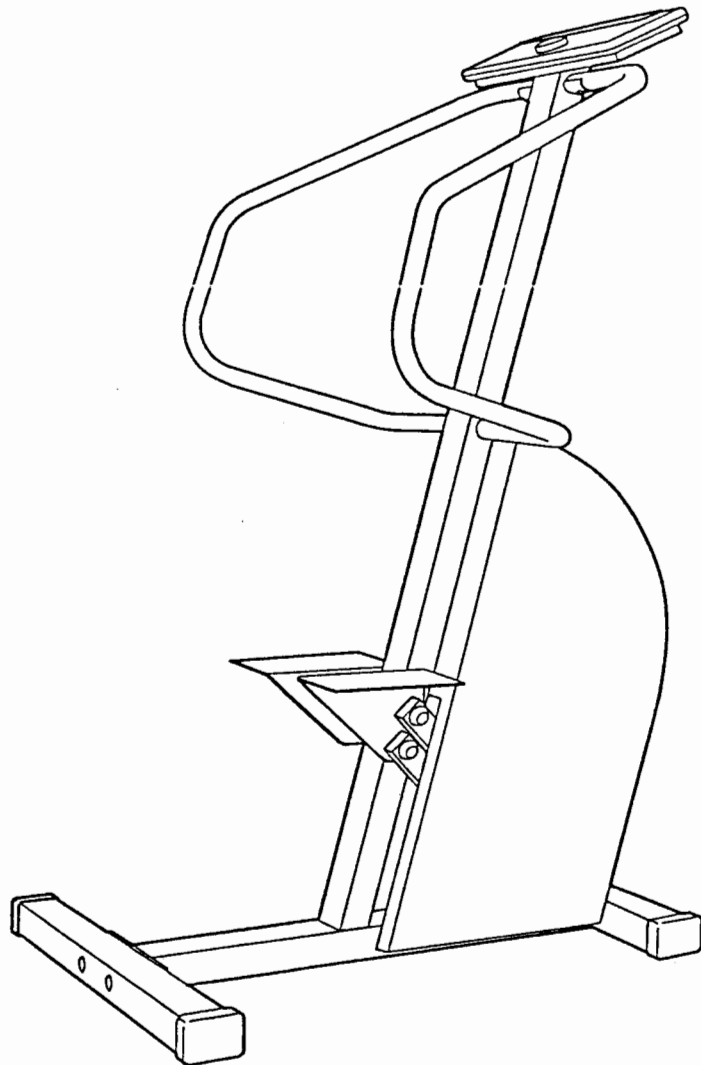
CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION!

Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.



OWNER'S MANUAL

TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
OPERATION	5
CONDITIONING GUIDELINES	7
TROUBLE-SHOOTING AND MAINTENANCE	8
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using the stepper.

1. Use the stepper only on a level surface.
2. Inspect and tighten all parts of the stepper regularly. Replace any worn parts immediately.
3. Always wear suitable exercise clothing, including athletic shoes, when using the stepper.
4. Always hold the handrails when using the stepper.
5. Keep your hands away from the pedals when the stepper is in use. Keep small children away from the stepper at all times.
6. Use the stepper only as described in this manual.

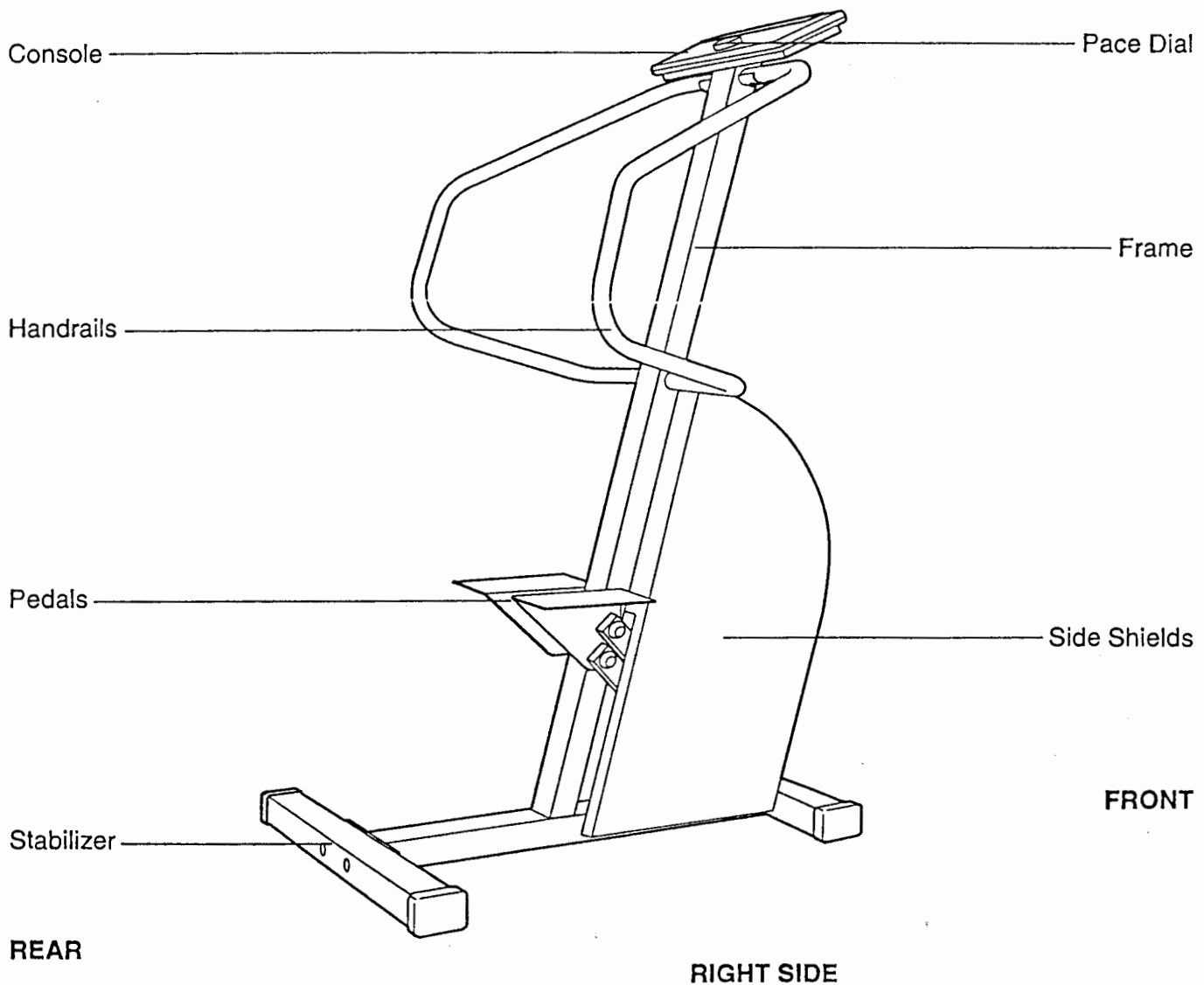
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WESLO assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Congratulations for selecting the unique WESLO® ASCENT 745 stepper with magnetic resistance and independent action pedals. The ASCENT 745 stepper blends advanced engineering with innovative styling to let you enjoy an effective form of low-impact cardiovascular exercise in the convenience and privacy of your home. Feel better, look better and be healthier in just a few minutes a day.

For your safety and benefit, read this manual carefully before using the stepper. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WL745030. The serial number can be found on a decal attached to the stepper (see the drawing on the front cover of this manual for the location of the decal).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



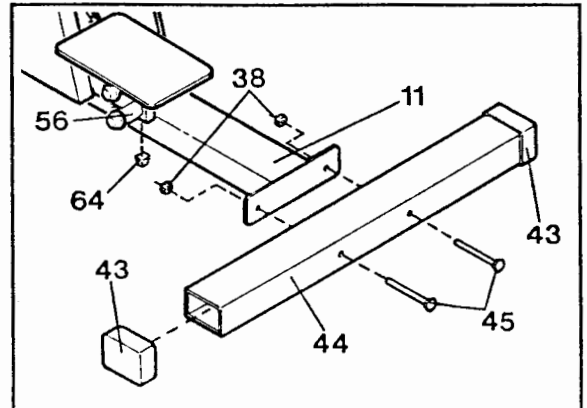
ASSEMBLY

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. **Assembly requires an adjustable wrench and a phillips screwdriver (not included).**

1. Press two Endcaps (43) onto the Stabilizer (44). Press two Endcaps onto the front of the Frame (11) (not shown).

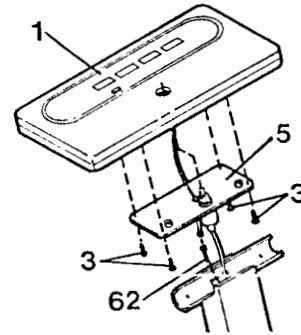
Attach the Stabilizer (44) to the Frame (11) with the two $\frac{3}{8}$ " x $3\frac{1}{2}$ " Bolts (45) and two $\frac{3}{8}$ " Locknuts (38).

Peel the backing off the two Bumpers (64). Press the Bumpers onto the left Lower Pedal Arm (56) and the right Lower Pedal Arm (not shown).



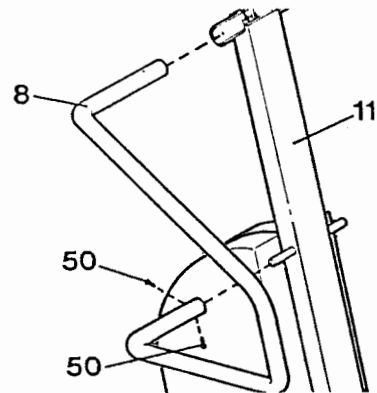
2. Insert the wire extending from the Console (1) through the hole in the center of the Console Plate (5). Connect the wire to the Sensor Wire (62).

Attach the Console Plate (5) to the Console (1) with the four $\frac{5}{32}$ " x $\frac{1}{2}$ " Screws (3).



3. Back the two $\frac{3}{32}$ " x $\frac{1}{2}$ " Screws (50) out of the Left Handrail (8). Slide the Left Handrail onto the Frame (11) as shown. Attach the lower end of the Left Handrail to the Frame with the two $\frac{3}{32}$ " x $\frac{1}{2}$ " Screws.

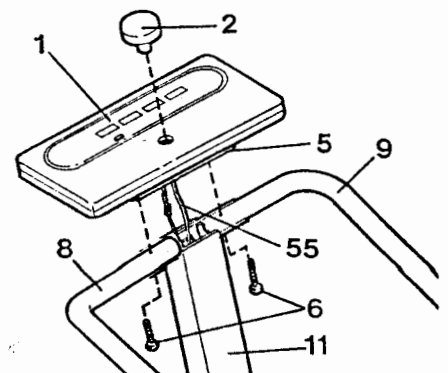
Attach the Right Handrail (9) (not shown) to the Frame (11) in the same manner.



4. Push the Tension Cable (55) down into the Frame (11). Hold the Console (1) on top of the Handrails (8, 9). Note: Do not kink the Tension Cable or the Pace Dial (2) will not function.

Insert the two $\frac{3}{8}$ " x 2" Bolts (6) up through the Frame (11) and the Left and Right Handrails (8, 9). Tighten the $\frac{3}{8}$ " x 2" Bolts into the Console Plate (5).

Press the Pace Dial (2) into the Console (1) as shown.



OPERATION

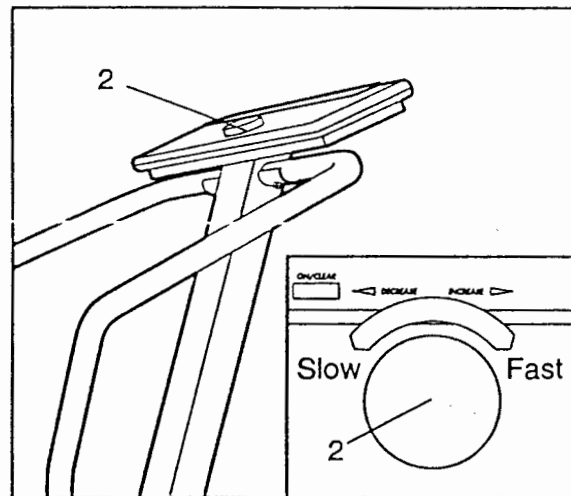
Place the stepper on a level surface. Keep the console out of direct sunlight or the four LCD displays may be damaged.

Face the stepper, hold the handlebars and step onto the pedals. Both pedals will slowly sink. Begin stepping, alternately pressing the right and left pedals down with a smooth, continuous motion. Because the pedals move independently, you must maintain a continuous motion or both pedals will sink to the floor. Adjust your stepping pace until you can comfortably maintain a continuous motion (see ADJUSTING THE STEPPING PACE below).

For effective aerobic exercise, exercise physiologists recommend taking relatively short, rapid steps. For strengthening the muscles, deep, slow steps are more effective (see **CONDITIONING GUIDELINES** on page 7 for additional exercise guidelines). Note: The pedals must move vertically at least 10 inches or the motivational fitness monitor will not display correct information. As you step, stand erect or lean forward slightly. Always keep your back straight in order to avoid injury. To exercise your upper leg muscles, keep your feet flat on the pedals. To develop your calf muscles, rise on your toes.

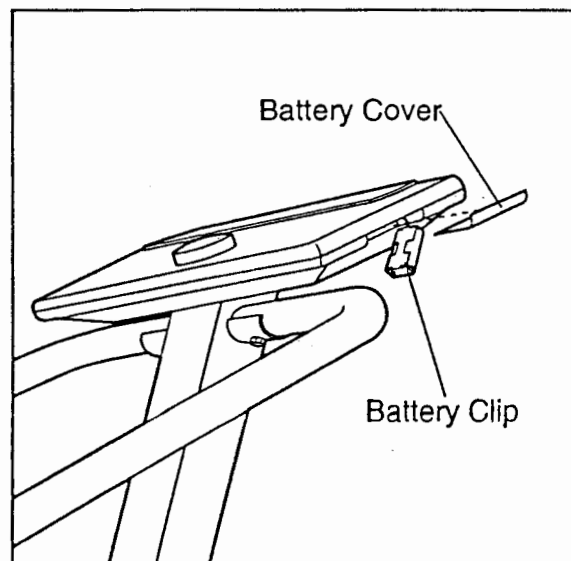
ADJUSTING THE STEPPING PACE

To vary the intensity of your exercise, the stepping pace can be adjusted. The stepping pace is controlled by the Pace Dial (2) located on the console. For a faster stepping pace, turn the Pace Dial clockwise. For a slower stepping pace, turn the Pace Dial counter-clockwise.

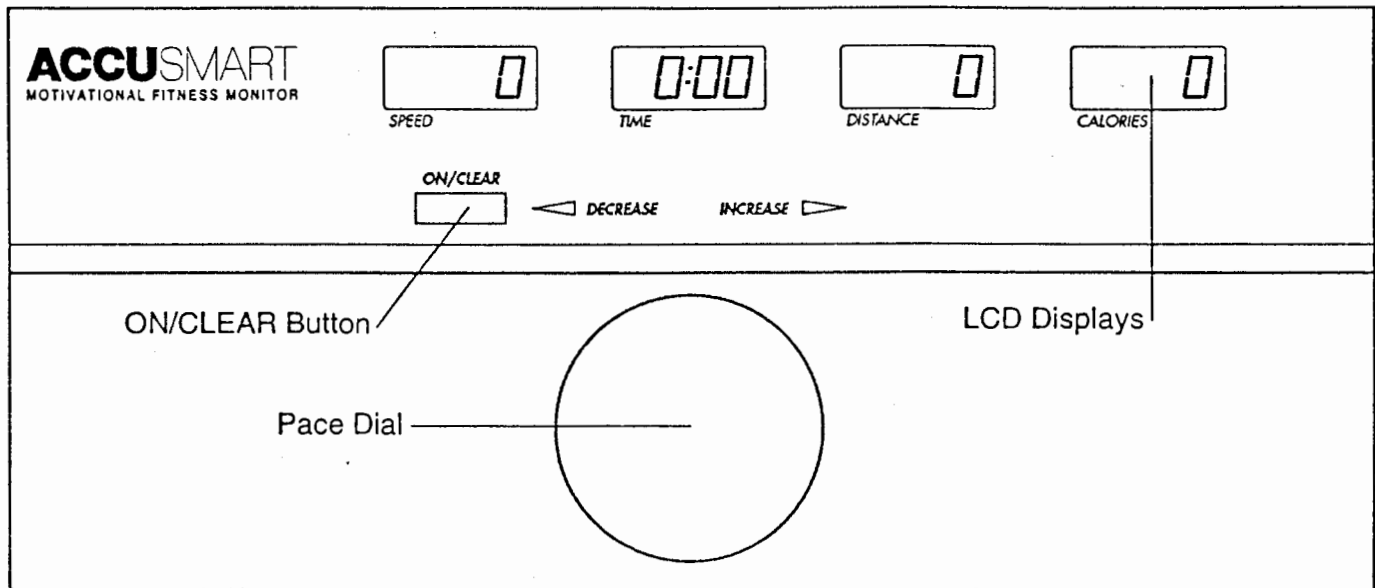


INSTALLING BATTERIES

The motivational fitness monitor requires **two "AA" batteries** for operation (batteries are not included). Alkaline batteries are recommended. The battery compartment is located on the right side of the console. Slide the battery cover off as shown, and carefully remove the battery clip. Find the markings inside the battery clip showing which direction the batteries must be turned. Press two batteries into the battery clip. Return the battery clip to the battery compartment and slide the battery cover back on.



OPERATING THE MOTIVATIONAL FITNESS MONITOR



The motivational fitness monitor has four independent LCD displays to provide you with continuous exercise information. Remove the piece of clear protective film from the motivational fitness monitor.

To turn the motivational fitness monitor on, press the ON/CLEAR button or simply begin stepping. Note: The pedals must move vertically at least 10 inches or the motivational fitness monitor will not display correct information. As you exercise, the following information will be displayed:

SPEED display—This display will show your current stepping pace, in steps per minute.

TIME display—This display will show the elapsed time. Note: If you stop stepping for ten seconds or longer, the TIME display will pause until you resume.

DISTANCE display—This display will show the total number of steps you have taken.

CALORIES display—This display will show the total number of Calories you have burned. Note: The number displayed is based on an average stepping pace. If you step at a very fast or slow pace, the actual number of Calories you have burned may differ slightly from the number displayed.

The four displays can be reset by pressing the ON/CLEAR button. To turn the power off, simply stop stepping. If the pedals are not moved and the ON/CLEAR button is not pressed for four minutes, the motivational fitness monitor will turn off automatically to conserve the batteries.

CONDITIONING GUIDELINES

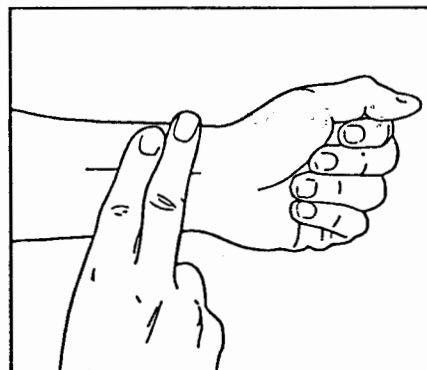
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, as well as reduce soreness and other post-exercise problems. To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is **CONSISTENCY**.

TROUBLE-SHOOTING AND MAINTENANCE

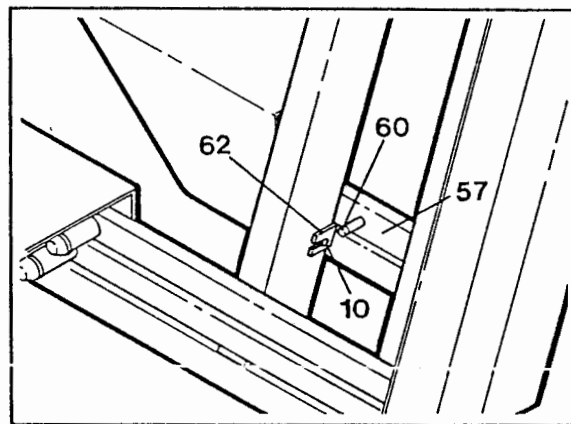
Inspect and tighten all parts of the stepper regularly. Replace any worn parts immediately. Outside surfaces of the stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Keep liquids away from the console.

MOTIVATIONAL FITNESS MONITOR

If the motivational fitness monitor does not function properly, or if the LCD displays become faint, the batteries should be replaced. Most problems are the result of drained batteries. See **INSTALLING BATTERIES** on page 5. Two "AA" batteries are required.

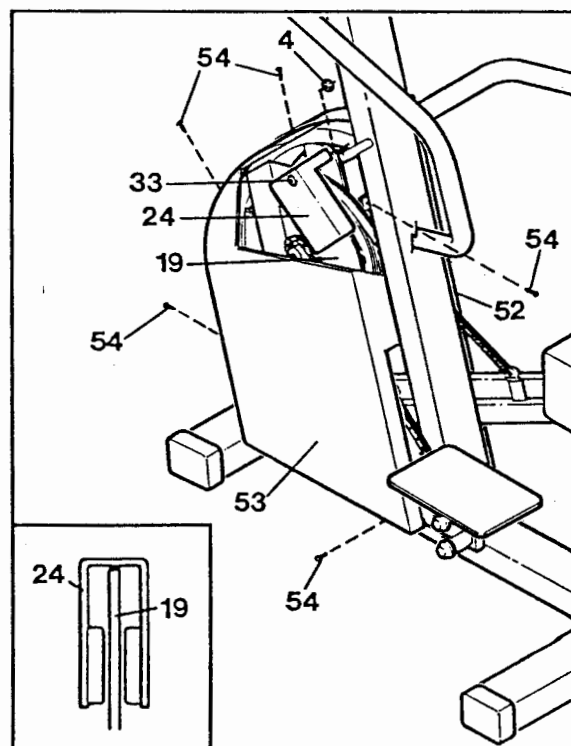
If the motivational fitness monitor displays incorrect information, the console wire and sensor wire should be checked. See assembly step 4 on page 4. Make sure that the wire extending from the console is plugged into the sensor wire.

If the motivational fitness monitor still displays incorrect information, the Reed Switch (62) should be repositioned. Loosen the 5/32" x 3/4" Screw (10). Hold the Left Upper Pedal Arm (57) down so that it is parallel with the floor. Adjust the position of the Reed Switch so that there is a 3/16" gap between the Reed Switch and the Magnet (60). Tighten the 5/32" x 3/4" Screw.



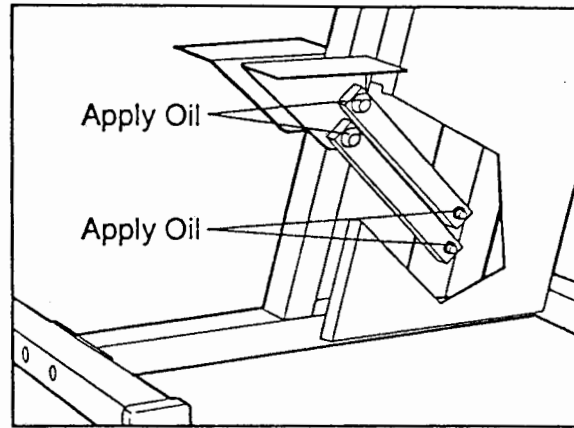
ADJUSTING THE TENSION BRACKET

If the stepper produces a grinding noise as you step, the Tension Bracket (24) should be adjusted. Remove the ten 5/32" x 1/2" Screws (54) from the Right and Left Side Shields (52, 53). Remove the Side Shields. Hold the 3/8" Adjustment Nut (4) stationary with a wrench. If the Tension Bracket is touching the right side of the Resistance Disk (19), turn the 3/8" x 4 1/2" Bolt (33) clockwise until the Tension Bracket is centered (see the inset drawing). If the Tension Bracket is touching the left side of the Resistance Disk, turn the 3/8" x 4 1/2" Bolt counterclockwise. Reattach the Left and Right Side Shields.



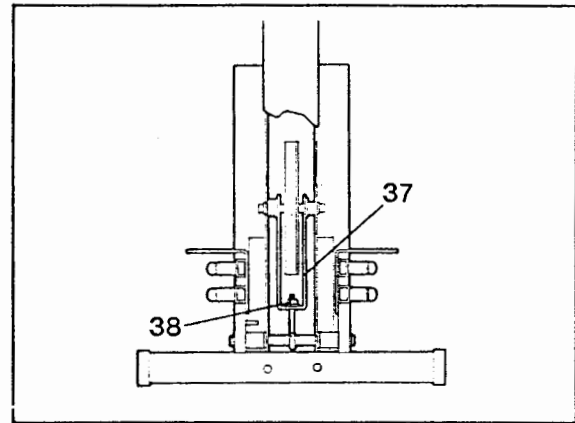
LUBRICATING THE STEPPER

The axles at both ends of the pedal arms should be oiled every six months. Remove the side shields (see ADJUSTING THE TENSION BRACKET on page 8). Apply a few drops of light multi-purpose oil in the indicated locations on both sides of the stepper. Reattach the side shields.



ADJUSTING THE TENSION BELT

If the pedals slip as you step, the tension belt should be adjusted. Remove the side shields (see ADJUSTING THE TENSION BRACKET on page 8). Locate the Nut (38) in the Pulley Bracket (37). Turn the Nut clockwise one third of a turn. Step for a few minutes. If further adjustment is required, turn the Nut clockwise an additional third of a turn. Repeat until the tension belt is properly adjusted. **IMPORTANT: Do not overtighten the Nut.** Reattach the side shields.



PART LIST—Model No. WL745030

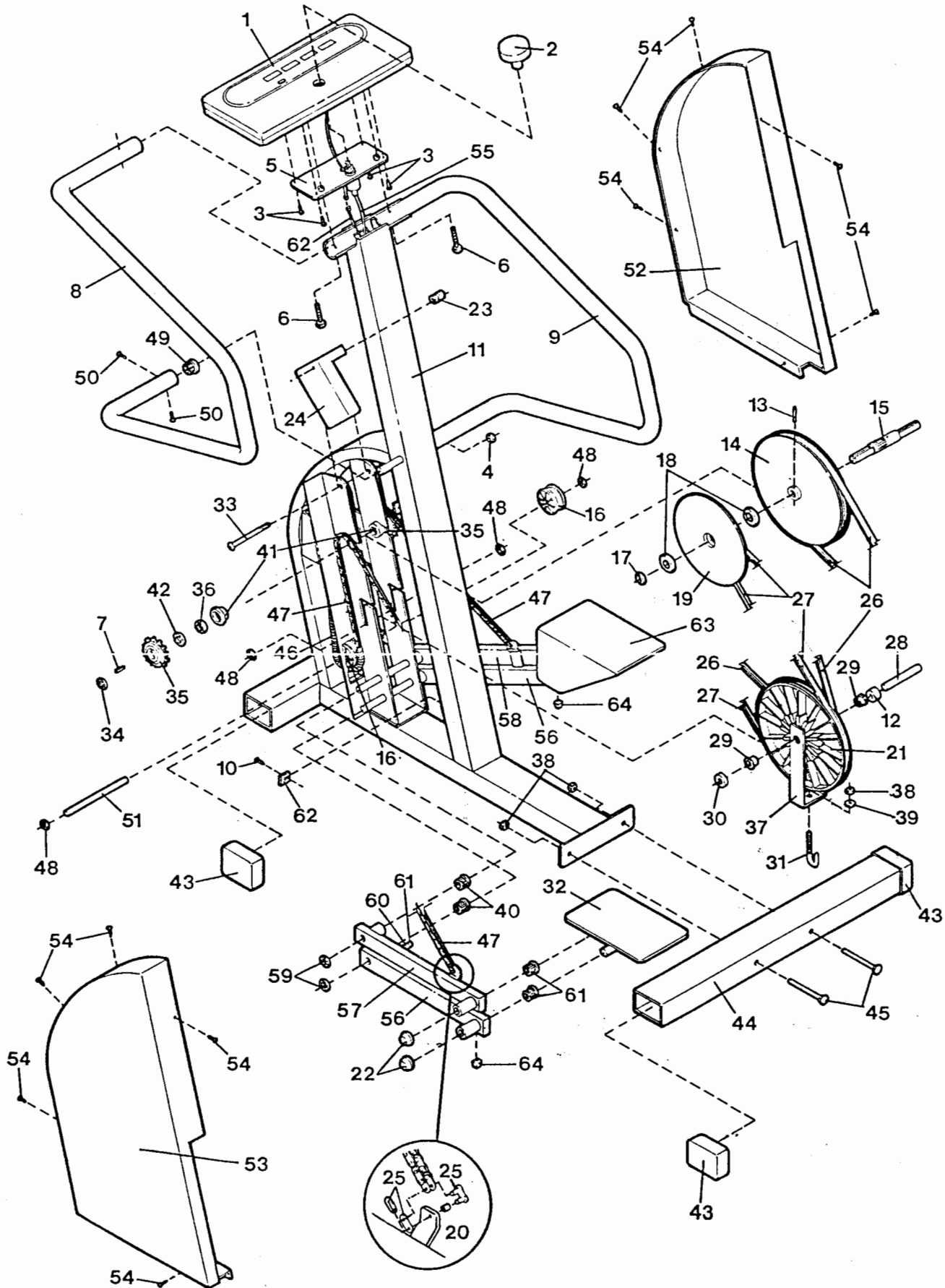
Rev. 8/93

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	34	2	Large Pushnut
2	1	Pace Dial	35	2	Freewheel Sprocket
3	4	5/32" x 1/2" Screw	36	2	Tabbed Hub
4	1	3/8" Adjustment Nut	37	1	Pulley Bracket
5	1	Console Plate	38	3	3/8" Locknut
6	2	3/8" x 2" Bolt	39	1	J-Bolt Washer
7	2	Key	40	4	5/8" Pedal Bushing
8	1	Left Handrail	41	2	Tabbed Bushing
9	1	Right Handrail	42	2	1 1/8" Nylon Washer
10	1	5/32" x 3/4" Screw	43	4	Endcap
11	1	Frame	44	1	Stabilizer
12	1	Large Spacer	45	2	3/8" x 3 1/2" Bolt
13	1	Roll Pin	46	2	Pedal Spring
14	1	Drive Pulley	47	2	Pedal Chain
15	1	Drive Shaft	48	4	Small Pushnut
16	2	Pulley	49	2	Handrail Bushing
17	1	Thin Spacer	50	4	3/32" x 1/2" Screw
18	2	Bearing	51	1	Pulley Shaft
19	1	Resistance Disk	52	1	Right Side Shield
20	4	Master Link Bushing	53	1	Left Side Shield
21	1	Tension Pulley	54	10	5/32" x 1/2" Screw
22	4	1/2" Axle Cap	55	1	Tension Cable
23	1	Large Tension Spring	56	2	Lower Pedal Arm
24	1	Tension Bracket	57	1	Left Upper Pedal Arm
25	4	Master Link Assembly	58	1	Right Upper Pedal Arm
26	1	Drive Belt	59	4	5/8" Large Pushnut
27	1	Tension Belt	60	1	Magnet/Retainer
28	1	Pulley Axle	61	1	1/2" Pedal Bushing
29	2	Small Bushing	62	1	Reed Switch/Sensor Wire
30	1	Pulley Axle Spacer	63	1	Right Pedal
31	1	J-Bolt	64	2	Bumper
32	1	Left Pedal	#	1	Owner's Manual
33	1	3/8" x 4 1/2" Bolt			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WL745030

Rev. 8/93



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The **MODEL NUMBER** of the product (WL745030).
2. The **NAME** of the product (WESLO® ASCENT 745 stepper).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** and **DESCRIPTION** of the part(s) from page 10 of this manual.

LIMITED WARRANTY

Weslo, Inc. ("WESLO"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. WESLO's obligation under this warranty is limited to replacing or repairing, at WESLO's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by WESLO at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by WESLO. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a WESLO authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by WESLO.

WESLO IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

WESLO INC., 1500 S. 1000 W., LOGAN, UT 84321-9813